

Cajun Beat

拍數: 48 牆數: 4 級數: Improver
編舞者: Chris Hodgson (UK) - February 2010
音樂: Down At the Twist and Shout - Mary Chapin Carpenter



START ON MAIN VOCALS

(1-8) DIAGONAL LOCK STEP FORWARD (with HITCH) / VINE LEFT-HITCH

1-2 Step Right Diagonally Fwd Right, Lock Left Behind Right
3-4 Step Right Diagonally Fwd Right, Hitch Left
5-8 Step Left To Left Side, Cross Right Behind, Step Left To Left Side, Hitch Right (12)

(9-16) TOUCH OUT-IN-OUT-FLICK / VINE 1/4 TURN RIGHT / 1/2 SPIN TURN with HITCH

1-2 Touch Right Toe To Right Side, Touch Right Toe Next To Left
3-4 Touch Right Toe To Right Side, Flick Right Foot Behind Left
5-6 Step Right To Right Side, Cross Left Behind
7-8 Step Right 1/4 Turn Right, 1/2 Spin Turn Right On Ball Of Right Hitching Left (9)

(17-24) HEEL STRUTS x 2 / FORWARD MAMBO

1-4 Step Left Heel Forward, Drop Toes To Floor, Step Right Heel Fwd, Drop Toes To Floor
5-8 Step Forward On Left, Rock Weight Back Onto Right, Step Back On Left, HOLD (9)

(25-32) COASTER STEP / STEP-1/2 TURN-STEP FORWARD

1-4 Step Back On Right, Step Left Back Next To Right, Step Forward On Right, HOLD
5-8 Step Forward On Left, Pivot 1/2 Turn Right, Step Forward On Left, HOLD (3)

(33-40) HEEL SWITCHES x 2 / CROSS-SIDE-HEEL-HOLD

1-2 Touch Right Heel Forward, Step Right Next To Left
3-4 Touch Left Heel Forward, Step Left Next To Right
5-6 Cross Right Over Left, Step Left Small Step To Left Side
7-8 Touch Right Heel Diagonally Forward Right, HOLD (3)

(41-48) TOGETHER-1/4 TURN-BEHIND / 1/4 TURN-BEHIND X 3 (Gallop!)

& Step Right Next To Left
1-2 Step Left 1/4 Turn Right, Step Right Behind Left
3-4 Step Left 1/4 Turn Right, Step Right Behind Left
5-6 Step Left 1/4 Turn Right, Step Right Behind Left
7-8 Step Left 1/4 Turn Right, HOLD (3)

(Making A Full Turn Right)

BEGIN AGAIN & HAVE FUN!

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